Community Contact

Manitoba Aboriginal and Northern Affairs

July 2007

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Lighthouses – Positive Alternatives

Enthusiastic youngsters in Cormorant, Manitoba, about 65 kilometres by rail northeast of The Pas, proudly display the banner they created to show the name they gave their Lighthouses program. The Weekenders enjoy a wide variety of program activities that keep them busy, especially on the weekends, year round.

Manitoba

2008-04077/

This Issue

Welcome to the July 2007 Community Contact Newsletter.

Summer is here and many of us are naturally drawn to spend more time outdoors participating in all sorts of activities. Some of us view summer as an opportunity to regain physical condition and perhaps even lose extra weight we may have put on during the long winter months. But staying active and maintaining healthy eating habits don't have to be restricted to warm weather months. It's possible to stay active all year round if we keep ourselves aware of the opportunities and the information available to help us make healthier decisions.

The theme for our July newsletter is Recreation and Wellness. In this issue, we feature articles that focus on successful community recreation programs and on new initiatives to provide healthier eating habits for residents in remote and northern locations.

We start off the newsletter with an article about the success of the Cormorant community Lighthouses Program. We also look at the new provincial Moving Around Manitoba ini..ive and then talk about a recent coaching clinic held in Meadow Portage.

You'll find information about the upcoming 10th Annual Northern Links Recreation and Wellness Workshop planned for September 2007. Accompanying that is information about what makes a successful community recreation and wellness program.

To help with healthier eating habits, we include an article on a new Health Canada publication *Eating Well with Canada's Food Guide – First Nations, Inuit and Métis.* This recently released publication is a new look at healthy food choices for Aboriginal and Métis people in Canada. We follow that article with a review of the community gardening initiative sponsored by Aboriginal and Northern Affairs in the Parkland Region of the Province.

In our Public Works page, we feature tips on preventive maintenance for community buildings. Finally, we also provide some information about the upcoming Northern Association of Community Councils (NACC) 37th Annual General Meeting and Tradeshow.

Enjoy this issue and feel free to send us your comments, pictures and article suggestions, or contact us to request additional copies

LIGHTHO
a Positive Alte

In April 2004, community volunteers began setting up the after hours Cormorant Lighthouses program using Cormorant Lake School facilities provided by the Frontier School Division and funding support from the Manitoba Justice Neighbourhoods Alive program.

Fulfilling a Lighthouses program principle, a steering committee of adults and young people was formed to get the program started. The younger committee members participated in hiring and in choosing programs. Because unsupervised Friday, Saturday and Sunday evening gatherings of young people often resulted in trouble in the community, the steering committee hired a youth mentor/co-ordinator to provide programs for the young people on those evenings.

For the first year and a half, the Lighthouses program was a huge success with 25 to 30 youth participating in programs at any given time. Most activities took place in the school gymnasium, but as the program continued, the co-ordinator added outdoor activities and young people involved in the program now enjoy a variety of indoor and outdoor activities year round.

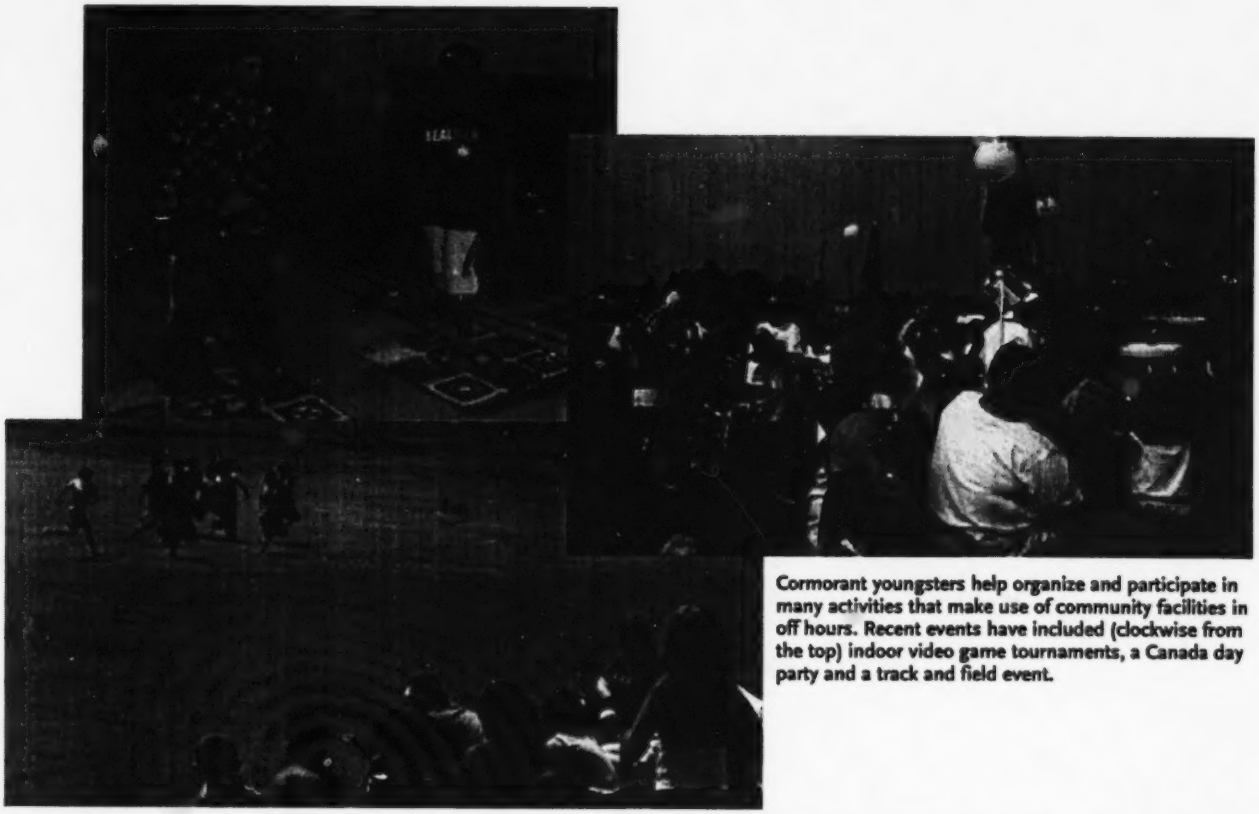
During program's second year, the Cormorant Community Council became a partner. The community council had funding to hire a part-time recreation director on its own, but by pooling resources with the Lighthouses program, they were able to hire a full time program co-ordinator.

Community highlights the young people help organize include: Canada Day, Métis Day, Aboriginal Day and local track and field competitions. Favoured program activities also include: basketball, baseball, volleyball, floor hockey, soccer, dance, dance revolution, nature walks, hiking, fishing, setting snares, karaoke, board games, picnics, Lighthouse float entry, fishing derby, maintenance of areas they use, cooking classes and many others.

At the community level, the Lighthouses program has been successful in discouraging criminal activity by young people. Young people often become involved with community volunteers in planning activities. Community youth recently ran a contest to name the program and adopted the name Weekenders Lighthouses program.

Community Contact thanks Marcella Fenner and Edie Turner of Cormorant, Manitoba.

USES PROGRAM
rnative for Cormorant Youth



Cormorant youngsters help organize and participate in many activities that make use of community facilities in off hours. Recent events have included (clockwise from the top) indoor video game tournaments, a Canada day party and a track and field event.

About Lighthouses

Lighthouses helps support positive recreational, educational and social activities that engage young Manitobans after school hours. Launched by Manitoba Justice as an initiative of Neighbourhoods Alive!, Lighthouses projects use schools, recreation centres and other existing community facilities after hours for sports, arts, music and other activities identified and organized by local youth and community stakeholders. The overall goal is community-based crime prevention and partnerships that include youth, police, the justice system and the community.

Lighthouses program:

- develops community-based pro-social activities and helps prevent crime by encouraging youth, police, justice system and community partnerships
- helps communities work with youth to put in place recreational programs designed by youth for youth
- supplements activities with educational opportunities such as conflict resolution, peer mediation and life skills training
- supports and encourages further interagency co-operation in programs
- uses schools, recreation centers and other existing community facilities for after hours activities
- helps communities find project funding

About Lighthouses
(continued)

Lighthouses projects are evaluated on the following criteria:

- youth involvement – a core belief of the program is that youth must be involved in all stages for it to be successful
- interagency collaboration and co-operation – proposals must have a steering committee representing all participants and stakeholders
- support from local police and justice personnel
- activity-based proposals that combine recreational activities with educational opportunities such as conflict resolution, peer mediation and other life skills training
- youth crime prevention
- community-based youth leadership support
- local community support – proposals must show local community support, including things like after hours use of community facilities and financial or in-kind contributions of resources needed for program success
- an outline of program activities planned and details about when and where they will take place

All proposals must include an evaluation plan. Lighthouses will help develop effective evaluation processes and provide quarterly and year-end reporting forms for program activities.

Every person who will have direct contact with youth through Lighthouses must consent to a criminal record review and a check of the provincial Child Abuse Registry. You can obtain forms and additional program information from:

Lighthouses
Public Safety Branch
Manitoba Justice
1430 - 405 Broadway
Winnipeg, Manitoba R3C 3L6
Attention: Richard Kennett
E-mail: Richard.kennett@gov.mb.ca
Ph : 204-945-1549, Fax: 204-945-2217

Meadow Portage
Coaching Clinic Succeeds

On June 1, 2007, Meadow Portage hosted a Competition "A" Coaching Clinic with 14 participants. Recreation director John Sabiston co-ordinated the event, making contact with the offices of Parkland Sport Council, Manitoba Aboriginal Sport and Recreation Council (MASRC) and Coaching Manitoba.

Clinic participants attended coaching lectures in Meadow Portage.

The turnout was excellent considering that most similar clinics or workshops see fewer than nine participants. The cost for the Meadow Portage coaching clinic was covered by the MASRC Aboriginal Coaching Initiative. The participants at this clinic were from:

- Rock Ridge
- Waterhen
- Mallard
- Spence Lake
- Crane River
- Chi Chak Osipi First Nation
- Swan River

Local level leadership was involved in this clinic as Rock Ridge Mayor Howard Sanderson and Mallard Mayor Liz Dano participated to attain their Level One Coaching designation. Mayor Sanderson hopes to coach slo-pitch baseball for youth and adults in his community. For Mayor Dano, it was important to earn her first level coaching designation. She plans to acquire the next coaching level so her community's athletes will have a certified coach. Mayor Dano also hopes to set an example for the other parents and adults in Mallard.

Coaching instructor Ross Wedlake traveled from Winnipeg to officiate at the day long course. He delivered an interesting workshop with his experience and stories of international competitions and university level sports. The sessions included informative discussions about coaching philosophies, ethics, sportsmanship, nutrition and much more.

As we draw closer to the 2008 North American Indigenous Games (NAIG) that will take place next summer in British Columbia, the need grows urgent for more local certified coaches. People wanting to coach any of the 14 sports at the level required by NAIG must have their full level one coaching certification. If the idea of being a certified coach interests you, there's no better time to start than right now.

For more information, contact John Sabiston at 204-732-2268.

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(continued)

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Getting *in motion* by Moving AROUND Manitoba

Thousands of Manitobans have registered in a new program that encourages a healthy lifestyle by inviting citizens to record and report their daily physical activity. The program uses activities at all levels of intensity to represent the distance covered in an imaginary trip that follows the border around Manitoba.

It's all part of a program called Moving Around Manitoba launched this past April by Manitoba's Healthy Living Minister Kerri Irvin-Ross. By mid-July, more than 3,200 participants had reported covering about 90,000 kilometres, comparable to travelling around the Manitoba border over 22 times.

By using simple formulas to convert physical activity to equivalent kilometres, the program supports people of all ages and abilities. A wide range of light, moderate and vigorous activities can be included and converted to reportable kilometres. For example, 30 minutes spent gardening, shopping or doing light housework are the equivalent of two reportable kilometres in the Moving Around Manitoba program. Vigorous activities like swimming laps, jogging or bicycling receive credit as one kilometre for every five minutes.

"Wellness is also about balancing all aspects of our well-being including physical, mental, emotional, social and spiritual health, helping us achieve overall good health," says Manitoba's Healthy Living Minister Kerri Irvin-Ross. "That's why people registering with Moving Around Manitoba also receive kits that include information about physical activity, healthy eating and mental wellness."

Manitobans can register for the program online at www.movingaroundmanitoba.ca or by calling toll free 1-866-788-3648. Once they have registered and received their registration kits in the mail, individual participants can add their mileage to the Manitoba total by logging onto the interactive website, by calling 1-866-788-3648 or by sending a fax report to 204-948-2366. Complete instructions on how to participate are included with the registration kits.

"I hope more Manitobans will sign up for this program and take full advantage of our wonderful weather to go for a walk, take a bike ride or get out in the garden and help us Move Around Manitoba even more times," says Irvin-Ross.

Moving Around Manitoba allows participants to convert all levels of physical activity to reportable kilometres. Included are activities like an afternoon of fishing in the sun at the local dock and a fast-moving game of playground soccer, as demonstrated by youngsters in Moose Lake, Manitoba, about 65 kilometres east of The Pas by air.

What Makes a Successful **Community Recreation and Wellness Program?**

Whether run by volunteers or paid staff, most successful recreation and wellness programs in Northern Affairs communities share common features. If your community has had difficulty establishing or maintaining a recreation and wellness program, you can benefit by studying other successes. The following list shows some attributes common among communities with successful programs.

Local leadership:

- people with core skills for planning, co-ordinating and delivering programs with the help of volunteers
- people who understand that recreation and wellness programs are not just sporting activities

Active recreation and wellness committee:

- provides direction, supervision and volunteer support
- plans, raises funds, manages and puts programs in action

Council support:

- delegates responsibility to recreation and wellness committee
- recognizes recreation leaders who are motivated to promote community health
- understands recreation staff roles and communicates community expectations

Planning expertise:

- successful communities recognize the importance of planning
- communities have a clear idea of their recreation and wellness needs
- communities have developed recreation plans and are acting on them

Partner support:

- recognizes opportunities for partnerships and shared funding with other groups in the community such as schools, public health and other local champions
- actively communicates with regional partners such as Aboriginal and Northern Affairs – recreation and wellness consultants, Sport Manitoba, Culture, Heritage and Tourism and regional health authorities

Participant in professional development:

- community recognizes importance of developing understanding and skills
- council members, employees and volunteers participate in training opportunities, attend workshops and conferences to network and stay knowledgeable about recreation and wellness practices and opportunities (such opportunities include the annual Northern Links Workshop in September and the annual Recreation Connections Conference in Winnipeg each spring)

With more of these attributes in place, communities stand a better chance of running recreation programs that have a lasting effect and meet the needs of their residents.

Every community has it own unique mix of priorities and resources. Using this list may help you identify and approach challenges in your community. If you need more help getting started in your community, call:

North Central Region
Stewart Sabiston
Wellness and Recreation Development Consultant
Dauphin, Manitoba
Ph: 204-622-2148

Northern Region
Faron Cook
Wellness and Recreation Development Consultant
Thompson, Manitoba
Ph: 204-677-6805

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10th Annual Northern Links

Recreation and Wellness Workshop

September 17 to 21, 2007

Theme: Adventure into Recreation: Practical, Fun Learning for Aboriginal Communities

What is Northern Links?

Northern Links is a week-long annual recreation workshop sponsored by Manitoba Aboriginal and Northern Affairs (ANA). This workshop is for people from Aboriginal communities who work with recreation programs and activities. The workshop provides interactive, hands-on sessions to enhance skills and learning so participants can make a difference in their communities.

Who Should Attend?

People from Manitoba ANA communities, First Nations, Metis communities, Friendship Centres and Tribal Councils. Participants can be:

- recreation directors
- youth workers
- recreation programmers
- Brighter Futures Initiative workers (BFI)
- Building Healthy Communities workers (BHC)
- recreation supervisors
- band councillors with a recreation portfolio

Where and When?

The workshop will be at Camp Wannakumbac in the beautiful foothills of Riding Mountain National Park, less than an hour's drive south of Dauphin. It runs Monday September 17 to Friday September 21, 2007.

What is the cost?

The cost is $300 per person and includes meals and accommodations for the week. You are responsible for your own travel.

Who will facilitate?

Sue Holloway, consultant and facilitator, has 16 years of experience designing, teaching and facilitating professional and personal development. Over the past nine years, she has worked specifically with recreation and with Aboriginal communities. She has a background in experiential education, so be prepared to be challenged and get involved in a fun, exciting atmosphere.

Guest speaker, Hugh Dale-Harris is a Northern Ontario based explorer, who journeyed on two amazing dog sled expeditions – one to the North Pole. Hugh will share his remarkable stories of courage and determination. You can learn more about Hugh on his website: **www.hughdale-harris.ca.**

Opening night activities – Gym Blast will provide a jam-packed, fun-filled session that promotes teamwork and sportsmanship. This locally based company will perform their hands-on session on the opening night. Don't miss it! For more information about Gym Blast, go to: **www.gymblast.com.**

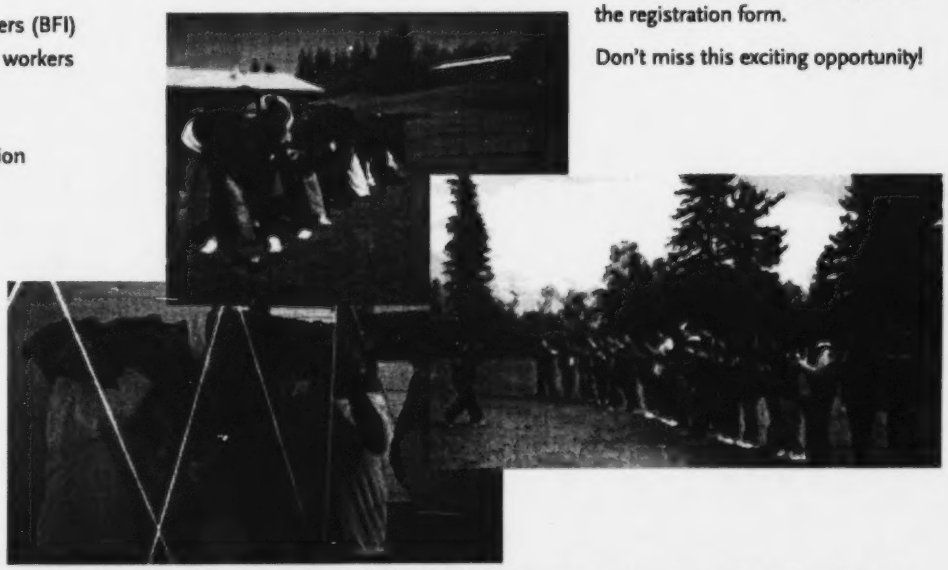
Other sessions include:

- leadership
- outdoor recreation
- program planning
- partners trade show
- building partnerships
- grants and proposals
- games and activities

How do I register?

Contact Stew Sabiston at 204-622-2148 (North Central Region - Dauphin) or Faron Cook at 204-677-6805 (Northern Region - Thompson) or visit www.northernlinks.org for more information and to print off the registration form.

Don't miss this exciting opportunity!



Northern Links recreation and wellness workshops include lectures, presentations and a variety of group interactive sessions, often in the form of outdoor games, carefully designed to help participants build trust and increase their knowledge of how to make a real difference for the people in their communities.

PARKLAND GAR

You can tell by the black dirt under their fingernails that people in several Parkland region communities are growing green thumbs by involving themselves in an active summer of producing delicious, fresh vegetables for themselves and their communities.

This year, Manitoba Aboriginal and Northern Affairs (ANA), with help from Northern Association of Community Councils (NACC) staff and funding provided by the Northern Healthy Foods Initiative, targeted the following communities for support with promoting gardening and healthy foods:

- Camperville
- Duck Bay
- Waterhen
- Mallard
- Rock Ridge
- Crane River
- Skownan First Nation
- Pine Creek First Nation

Each community received a new tiller, a variety of seeds and loads of garden dirt. Stew Sabiston from ANA and Jessica Paley from NACC travelled into these communities to provide support by identifying local gardening champions, identifying gardening needs, handing out seeds and delivering basic gardening workshops for interested residents.

Some of the communities decided to support small individual or family garden plots in backyards while other communities opted to develop and support a larger community garden plot. Duck Bay and Mallard communities developed their gardens using the community garden plot idea.

They were especially delighted about a week or so later when the plants actually started to sprout.

Mallard Mayor Liz Dano co-ordinated a highly successful community plot involving nine different families. People are very excited about this project, said Mayor Dano, especially the first-time gardeners. She said the novice gardeners had a fun time laughing and wondering if their planting efforts would start to grow. They were especially delighted, about a week or so later, when the plants actually started to sprout.

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DENING WORKSHOP

Mayor Dano hopes that the Mallard community garden project will show people how easy gardening is and how families can grow and harvest delicious and healthy vegetables for almost no cost. She also feels it is important for people to know that gardening is a great way to spend quiet time outdoors, an excellent stress-reliever and a good way to socialize with others working in the garden.

The types of vegetables planted in the Parkland Garden projects included potatoes, tomatoes, peas, beans, onions, beets and radishes. The community councils maintain the tillers and they are kept ready for use by anyone within the community. Some communities charge a small deposit of $10, which is returned when the tiller is returned to council in good condition.

The prototype for the Parkland community garden program was funded and supported last summer through the Chronic Disease Prevention Initiative of Parkland Regional Health Authority.

Several Parkland communities are now planning to add even more value to the summer gardening activities by hosting fall workshops with the focus on topics like harvesting, canning, freezer preserving and baby food preparation.

If you would like more information on the Parkland Gardening Project, please contact Stew Sabiston at the ANA Dauphin Regional Office at 204-622-2148.

Volunteer gardeners weed the community garden plot in Mallard, Manitoba, on the shore of Waterhen Lake, located about 100 kilometres by air east of Swan River.

Mallard, Manitoba Mayor Liz Dano inspects rows of healthy young plants in the community garden plot. She believes it is important to demonstrate to local families that producing healthy foods is affordable.

Eating Well
with Canada's Food Guide

Is your community interested in learning more about healthy eating habits? This year, Health Canada updated its national food guide and added a new publication aimed at Canada's Aboriginal population. The name of this new publication is *Eating Well with Canada's Food Guide – First Nations, Inuit and Metis.* Both guides describe healthy eating choices, serving sizes and other dietary options for all Canadians.

Much like the original *Canada's Food Guide*, the new guide for First Nations, Inuit and Metis people shows how many servings to choose from each food group every day and how much food makes a serving. The four main food groups include vegetables and fruit (fresh, frozen and canned), grain products, milk and milk alternatives, meat and meat alternatives. The new guide also takes into account food items that are more available to people in remote locations (such as wild plants, berries, traditional meats and wild game).

The new guide provides guidance on limiting foods and drinks that contain a lot of calories, fat, sugar or salt, as important ways to respect your body. The type of food that people eat is just as important as the amount. Choosing food that is lower in fat, sugar and salt, along with an increase in physical activity, will go a long way toward helping people achieve a healthy lifestyle. Some examples of foods and drinks to limit are:

- pop
- potato chips
- french fries
- sweet drinks made from crystals
- sports and energy drinks
- ice cream and frozen desserts
- cakes, pastries, doughnuts and muffins
- fruit flavoured drinks
- candy and chocolate

People who do not eat or drink milk products must plan carefully to make sure they get enough nutrients from other sources. It is important to read the nutrition labels on the food products you purchase. Being educated in what you eat will help you make healthy choices for yourself or family. Following the eating pattern in *Canada's Food Guide* will help people:

- get enough vitamins, minerals and other nutrients
- reduce the risk of obesity, Type 2 diabetes, heart disease, certain types of cancer and osteoporosis
- achieve overall health and vitality

Access to healthy food choices is not always easy for residents in northern or remote locations. Finding fresh fruit and vegetables can be impossible during certain periods of the year. Using frozen, canned or dried fruit and vegetables can often provide needed nutrients and should be considered when looking for servings in this food group. The same thinking also applies to the other food groups. Being aware of better eating habits is just part of living a healthier lifestyle. Educating yourself and your family will go a long way in helping to reduce future health-related problems.

For more information, interactive tools or additional copies visit *Canada's Food Guide* at: www.healthcanada.gc.ca/foodguide

You can order copies of the *Eating Well with Canada's Food Guide – First Nations, Inuit and Metis* by contacting:

Publications
Health Canada
Ottawa, Ontario K1A 0K9
Email: publications@hc-sc.gc.ca
Phone: 1-866-225-0709
Fax: 613-941-5366

This publication is also available on request on diskette, large print, audiocassette and in Braille.

photo by Carol Taylor

The new *Canada's Food Guide – First Nations, Inuit and Metis* makes interesting breakfast table reading.

Preventive Maintenance Recipe

Public Works

Preparation:

Add to one tool box or pouch, basic repair tools:

- screwdrivers
- pliers
- hammer
- tape measure
- snips or scissors
- side cutters
- sharp chisel
- electrical tape
- rag
- pencil and notepad

Add organization. There are several ways to organize your inspection, preventive maintenance and repair operations. Here are two suggestions:

1. Pick a building, decide on exterior or interior, then pick a room or area to begin with.
2. Select a task such as windows and doors, complete it, then move on to another task such as fire extinguishers or lighting.

There will often be things you can't repair right away. This is where the pencil, electrical tape and note pad come in handy:

- List what needs fixing and in which building.
- List the parts and tools required for the task.
- Mark the item that needs repair with tape or a pencil mark on the wall beside the required repair.

Use your list when asking council for repair materials or scheduling time to complete the repairs.

Keep the list of needed repairs handy for slow or rainy days, or use the jobs on your list to provide work experience for summer students.

A short list of things to look for when inspecting

Doors:

Check weather stripping, door frame, door handles, pinions, latches, hinges, door closers, door operation and accessibility.

Windows:

Check for broken glass, lock operation, screens, flashing, moisture and mould.

Electrical:

Check for loose switches, burnt out bulbs, broken fixtures, outlets, missing covers or plates. Make sure exit signs, emergency lighting, smoke detectors, furnace fans and pump motors operate properly. Neglecting these repairs can result in damage or injuries.

Fascia, soffit, eavestrough:

Repair, paint or replace rotten fascia and soffit, loose or falling eavestrough, missing or loose downspouts. Replace sunken or missing splash pads and make sure ground slopes away from buildings to promote proper drainage and avoid water damage.

Roofs and exterior walls:

Repair or replace missing or loose roofing, siding, chimney caps or flashing. Inspect and maintain tar along valleys and around chimneys, roof vents and siding

Plumbing:

Look for leaks, rust or corrosion. Test all taps and shutoff valves. Flush all toilets, fill and drain all sinks and watch for leaks.

The main purpose for these maintenance repairs and checks are to keep the cold and moisture out of and away from the building, increasing the life of the building.

Clockwise from top, a missing splash pad, a crushed drainage downpipe and improper drainage grading can all cause water damage to foundations and structures that is expensive to repair.

Keeping Young Workers Safe

A new link has been added to the Manitoba Aboriginal and Northern Affairs website. The information on this website is intended to help keep younger workers safe on the job.

Learn the basics about workplace safety and health in a **free** on-line course. Health and Safety 101 (HS101) is an e-learning course providing important health and safety information to workers aged 24 years and younger. As this group of workers is at higher risk of injury on the job, this could be an important program in which to participate. It will take about an hour to complete, but because it is formatted in modules, students can stop and start where they left off. The course can be found at: **www.safemanitoba.com/hs_101_manitoba/presentation/index.aspx.**

If students are interested in doing more, HS101 will help prepare for the national Passport to Safety test. There is a small fee for this test, but it provides a passport and access to an online transcript to track all safety and health training. For more information about the Passport to Safety program, go to www.passporttosafety.com.

The Safe Manitoba website provides many other safety and health resources. Go to: **www.safemanitoba.com.**

NACC 37th Annual General Meeting and Tradeshow

The Northern Association of Community Councils (NACC) will hold its 37th Annual General Meeting and Tradeshow at the Marlborough Hotel in Winnipeg, August 21 to 23, 2007.

The theme for this year's conference will be Partnering with Neighbouring Communities for a Healthier and Safe Environment.

In partnership with NACC, Manitoba Aboriginal and Northern Affairs (ANA) will host the first day of the conference. ANA Minister Oscar Lathlin will welcome delegates and ANA executive director Freda Albert will provide opening remarks.

This year's agenda includes information on:

- new election regulations
- green Manitoba recycling initiatives
- Red Cross services in the north
- technology and website development
- upcoming community training opportunities

We look forward to a productive conference and safe travel for all who will be attending.

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Community council members, community residents and departmental staff are strongly encouraged to submit feedback, comments, questions, suggestions and ideas to the editor.